

Interview Procedure Guidance

Exploring school staff mental health and wellbeing during the COVID-19 Pandemic

Further information about the interview

The interview will be around 30-45 minutes.

You will need to find a comfortable space with secure internet connection where you will be undisturbed. Skype will be used for the interview, please download this onto your device in good time ready for the interview and check your connection.

You will be asked the following questions and be prompted to expand on your responses:

- 1) What changes have school staff experienced as a result of COVID-19 pandemic in their own lives, in the school climate or their professional role?
- 2) What has the impact of these changes been on school staff mental health and wellbeing and what are the underlying mechanisms?
- 3) What factors do school staff perceive to have sustained or improved wellbeing during the pandemic?

There is no need to prepare your answers but you may find it useful to take a moment to reflect on your thoughts prior to the interview. In addition, **you are invited to bring a picture, drawing, photo or object to the interview that represents your experience of COVID-19 as a member of school staff.** *This item must not identify yourself or anyone else and this activity is not compulsory, but is designed to help you prepare to answer the questions and to help initiate our conversation in interview.*

At the start and end of the interview we will check in to see how you are feeling to ensure that the process is positive and you feel well supported. We will also pause half way through the interview to check if you are happy to continue. In addition, at the start of the interview a strategy will be agreed for you to be able to pause or stop the interview at any time and for any reason.

Information required prior to interview:

To be sent by email to j.maitland3@brighton.ac.uk – please also attach consent form.

Name:

School type: (Early Years, Primary, Secondary, SEND, AP/PRU, FE – please also state if private or state school and academy or LEA run):

Role type: (Leader, teacher, support staff, pastoral staff etc):

Contact information and any regularly preferred times for Skype interview:

Support:

Should you have any questions at all about the research or any problem with the research please contact the Principal Investigator of this study: Dr. Josie Maitland. Email:

j.maitland3@brighton.ac.uk Tel: 01273 64 4539

This research study has been reviewed and approved the University of Brighton's Ethics Review Panel. If you wish to speak to an independent point of contact, please contact either Rachel Page, head of Data Compliance: dataprotection@brighton.ac.uk or Lucy Redhead, Chair of the Life, Health and Physical Sciences Cross Research Ethics Committee: L.Redhead@brighton.ac.uk Tel: 01273 644 539



For confidential support, the following services are both running as usual during this time to provide free, confidential support:

Education Support Helpline (for all Education staff): Useful info:
<https://www.educationsupport.org.uk/>. Tel (anytime): 0800 562 561

Samaritans: Tel (anytime): 116 123 Email (24 hour response time): jo@samaritans.org